

# **FREE** Smoking Cessation Classes

Offered by the Frederick County Health Department  
350 Montevue Lane, Entrance D, room 2-139

Sessions offered in December

**Morning: Dec. 1 thru 22nd**

**Mon/Wed 10:30 – 11:30am**

**Afternoon: Dec. 2<sup>nd</sup> thru 28th**

**Tues/Thurs 3:30 – 4:30pm**

## **Stop Smoking For Life Topics Include:**

- ⊗ **Nicotine Addiction**
- ⊗ **Preparing to Quit**
- ⊗ **Coping with Withdrawal**
- ⊗ **Dealing with Stress**
- ⊗ **Relapse Prevention**

**Free Nicotine Patches or Gum Provided**

To register contact:  
Kelsey 301.600.3390  
[kruss@frederickcountymd.gov](mailto:kruss@frederickcountymd.gov)  
Shelby 301.600.3311  
[shiggins@frederickcountymd.gov](mailto:shiggins@frederickcountymd.gov)

**Give yourself the gift of health!**





# Quitting Tips and Tricks

## **Think of Your Reasons for Quitting**

Write down a list of all your reasons for quitting. Make copies and post them wherever you spend time.

## **Set a Quit Date**

When you choose the date you plan to stop smoking for good be sure to give yourself enough time to prepare.

## **Get Rid of All Smoking Evidence**

Clean your home and car. Throw away all ashtrays, lighters and cigarette butts.

## **Develop a Plan**

Identify your smoking patterns and triggers and develop strategies to resist the urge to smoke. Determine how you can change your every day routine to break the association to smoking.

## **Avoid Temptations**

Try to steer clear of people, places and things that make you want to smoke.

## **Sip Cold Water**

Sipping cold water through a straw releases a brain chemical that can help ease negative moods. It also prevents constipation and dehydration as well as helps to flush the nicotine out of the body.

## **Stock up on oral substitutes**

Pick up sugarless gum, carrot sticks, hard candy, mints, cinnamon sticks, coffee stirrers, straws, raisins, sunflower seeds, and/or toothpicks or lollipops to keep your hands and mouth busy.

## **Be Active Every Day**

Exercise offers a distraction from cravings. When your body is active, it sends out natural chemicals that help your mood, improve circulation and reduce your stress.

## **Reward Yourself**

Consider putting aside the money that you would have spent buying cigarettes on a big treat (like a vacation) or several small treats (dinner and a movie or an outfit) for yourself.